

# Greek Quinoa Salad

Courtesy of: [www.thebetterhomelife.com](http://www.thebetterhomelife.com)

## Ingredients:

- 1 cup tri-color quinoa
- 1 pint of cherry or grape tomatoes
- 1 bell pepper, chopped
- 6 green onions, chopped
- 1 cucumber, seeded and chopped
- 2 kale stems, stems removed and chopped
- 1/2 cup kalamata olives
- 5 ounces of fat free feta, crumbled
- 1 - 15.5 ounce can of chickpeas, drained and rinsed
- 1/3 cup olive oil
- 1/3 cup red wine vinegar
- Juice of one lemon
- 1 teaspoon oregano
- 1 teaspoon Dijon mustard
- salt and pepper to taste

## Instructions:

Start by preparing the quinoa. Rinse 1 cup of the tri-color quinoa in a mesh strainer. Add the quinoa and 2 cups of water to a saucepan. Bring it to a boil. Cover and reduce the heat to simmer for 15 minutes. Turn off the heat and allow it to remain covered for 5 more minutes.

Place the tomatoes, peppers, onions, cucumbers, kale, olives, feta and chickpeas in a large bowl. Add the quinoa once it has cooled.

Prepare the dressing in a separate bowl. Add the olive oil, vinegar, lemon juice, oregano, mustard, salt and pepper to a bowl. Whisk until combined.

Pour the dressing over the salad and toss until well coated.